

?The New Nest: Emotionally Preparing for Parenthood

The New Nest: From Partners to Parents (PP)

Discover how the birth of a baby alters your partnership.

- Common relationship stressors that arise after the baby's birth
- How to prepare your relationship for the life change of parenthood
- Helpful family and Postpartum resources

Fee: \$45, One session class, 6:00-7:30 pm

The New Nest: Emotional Aspects of Pregnancy (EA)

Learn how pregnancy can impact your emotional well-being and how to care for yourself.
(The workshop is helpful for women experiencing prenatal mood concerns, like depression or anxiety, or concerned about postpartum mood concerns).

- How to recognize signs and symptoms of common maternal mental health concerns, like anxiety and depression
- Emotionally caring for yourself during pregnancy
- Helpful psychological resources to help you navigate pregnancy and new motherhood

Recommended after 20 weeks.

Fee: \$45, One session class, 6:00-7:30 pm

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